



Marieke Heatwole is a successful metal smith artist.

# “you know me”

I’m a wife, mom, artist—and I struggle with debilitating depression.

Thankfully, mental illness can be managed through medication and therapy—allowing people like me to lead full and productive lives. If you or someone you know needs help, take the first step. To find a mental health provider in your community, visit [www.alaska211.org](http://www.alaska211.org) or call 2-1-1.

*The* TRUST  
The Alaska Mental Health  
Trust Authority  
[www.mhtrust.org](http://www.mhtrust.org)

Advisory Board on Alcoholism  
and Drug Abuse



Alaska Mental Health Board

[www.hss.state.ak.us/amhb/](http://www.hss.state.ak.us/amhb/)